

DINNERLY



Low-Cal Country Chicken with Sweet Potato Wedges and Corn Salsa



30 minutes



2 Servings

Give this homestyle chicken dinner a flavour boost with our delicious country seasoning. Roast some sweet potato wedges and whip up a corn salsa to team with it. You can't go wrong!

WHAT WE SEND

- 1 corn cob
- 2 sweet potatoes
- free-range chicken thigh fillets
- 10g country seasoning ¹⁷
- 1 Lebanese cucumber
- 1 tomato

WHAT YOU NEED

- 1 tbs olive oil
- 2 tsp red wine vinegar ¹⁷

TOOLS

- 2 oven trays
- baking paper
- large frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 490kcal, Fat 18.3g, Carbs 41.8g, Proteins 34.8g



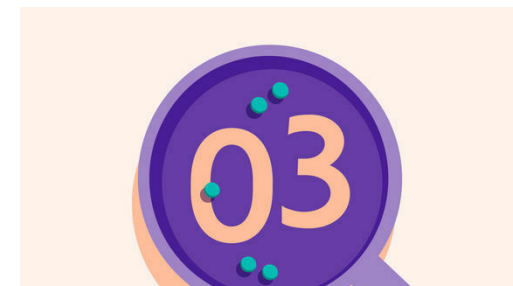
1. Roast sweet potato

Preheat the oven to 220C. Line 2 oven trays with baking paper. Discard the husk and silks from the **corn**. Cut the **unpeeled sweet potatoes** into 2cm-thick wedges. Put the sweet potato on a lined tray, drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Roast on the lower oven shelf for 20-25 mins until tender.



2. Roast chicken

Meanwhile, put the **chicken** and **country seasoning** in a bowl and turn to coat. Transfer to the remaining lined tray and roast on the upper shelf for 20 mins or until browned and cooked through.



3. Cook corn

While the chicken is cooking, heat a large frypan over high heat. Add the **corn cob** and **80ml (1/3 cup) water** and cook, covered, for 5 mins. Turn the corn, add another **80ml (1/3 cup) water** and cook, covered, for a further 5 mins or until tender and lightly charred. Cool slightly, then slice the kernels from the cob.



4. Make corn salsa

Cut the **cucumber** and **tomato** into small chunks and put in a bowl. Add the **corn**, **2 tsp olive oil** and **2 tsp red wine vinegar**, season with **salt and pepper** and stir to combine.



5. Serve up

Thinly slice the **chicken**. Divide the chicken, **sweet potato wedges** and **corn salsa** among plates and enjoy!



6. Make it yours

Feel like a chicken salad bowl instead? Simply cut the cooked chicken and sweet potato wedges into large chunks, then toss with the corn salsa.